tical terms and tests for trainees. When appraising the medical literature, readers will appreciate the ease with which this handbook informs their interpretation of medical statistics.

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This book provides an extensive review of the literature relating to various aspects of pulmonary rehabilitation. It seeks a scientific basis for pulmonary rehabilitation and brings together a variety of authors with relevant clinical and scientific experience. The authors’ writing styles are clear, concise, and coherent, thus making the book easy to read and very informative. Each chapter begins with a brief summary of the main topics that will be covered, which makes it easy to follow the topics.

The 34 chapters are grouped into 6 sections, each covering one topic in pulmonary rehabilitation. Section 1 gives a brief but interesting summary of the history of pulmonary rehabilitation and concludes that it is more widely accepted now than it was in 1984, when the first edition of this book was published.

The authors are very authoritative in section 2, in which they describe the principal concepts of the field of pulmonary rehabilitation. Their discussion goes from pulmonary-rehabilitation patient-selection criteria (based on physiologic and functional parameters) to the physiopathology of chronic obstructive pulmonary disease and why it is a systemic disease. In my opinion, this section provides essential basic information for non-specialists in this field.

Likewise in section 3, the authors concisely and instructively bring together the main pulmonary rehabilitation therapies, covering pharmacologic and oxygen therapy; physical, nutritional, and psychological training; smoking; sexuality; and new preventive strategies for patients with chronic lung disease. In my opinion this is the most interesting part of the book.

Sections 4 and 5 describe new approaches to pulmonary rehabilitation in special situations, such as lung transplantation, sleep disorders, pulmonary hypertension, and pediatric patients with chronic lung diseases.

Finally, section 6 brilliantly describes the benefits already achieved and the future of pulmonary rehabilitation. Paraphrasing the author, “Pulmonary rehabilitation has evolved from criticism in the 1970s to the standard of care for patients with chronic lung disease.”

The bibliography seems very pertinent and up to date; all the papers and publications I knew of, and many more, are cited. I congratulate the authors and conclude that this book is an important tool for pulmonary rehabilitation professionals-in-training, as well as a consultative source for pulmonary rehabilitation professionals. I highly recommend it to everyone with professional activities related to pulmonary rehabilitation.

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